

# Wellness Programs That Work

Health Promotion and Prevention Initiatives (HPPI)  
Program

US Army Center for Health Promotion and Preventive  
Medicine (USACHPPM)  
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# Purpose

This presentation will present a portfolio of current Army wellness programs that have been proven to be effective.

Highlighted programs will include:

- Tobacco cessation
- Asthma management
- Self-care
- Nutrition

# Wellness Programs That Work

## An Army Perspective

- Army health promotion faces different challenges than the civilian sector.
- Successful Army wellness program work best when:
  - They address force readiness.
  - Follow-up strategies are geared to a mobile population.
  - Components are designed for the unique military environment.

# Tobacco Cessation

- What?
  - Reduce tobacco use among military health beneficiaries
  - More than 3700 participants enrolled since 1995
- How?
  - Medical pre-screening
  - 6-week program
  - Use of NRT and bupropion
  - Multidisciplinary approach
  - Follow-up at 1, 3, 6, 12 months
  - Robust data analysis

# Tobacco Cessation, cont.

- Overall impact
  - Average quit rate at 12-months: 47%
  - Project benefits in dollars: \$260K
  - Program costs includes prescreening appointments, class instruction and materials, NRT costs.
- Impact on readiness
  - Night vision
  - Ability to deal with stress
  - Brain circulation/mental acuity
  - Fine motor skill coordination
  - Lung capacity/performance
  - Need for water intake
  - Risk of heat/cold injuries
  - Muscle fatigue
  - Stamina

# Tobacco Cessation, cont.

- Critical success factors
  - Planning
    - Health & Wellness Center plans a year's worth of activities - of which tobacco cessation is a part.
  - Resources
    - Use of a multidisciplinary team
  - Support
    - Always communicating program successes
    - Always collecting and analyzing outcomes

# Tobacco Cessation, cont.

- Resources
  - Guide to Community Preventive Services: Effectiveness of community-based tobacco interventions <http://www.thecommunityguide.org/tobacco/>
  - Complete tobacco cessation program materials + tobacco cessation provider competency course (*free materials*) (USACHPPM/DHPW) <http://chppm-www.apgea.army.mil/dhpw/Population/TobaccoCessation.aspx>
  - Clinical Practice Guideline – Management of Tobacco Use  
[http://www.oqp.med.va.gov/cpg/TUC3/tuc\\_base.htm](http://www.oqp.med.va.gov/cpg/TUC3/tuc_base.htm)

# Asthma Management

- **What?**
  - Pediatric asthma education/management
  - Located in Disease Management Clinic
  - Goal: to reduce emergency room and acute care visits through better asthma control
- **How?**
  - Stand-alone program
  - Multidisciplinary team
  - Strong education component for children and caregivers
  - Asthma control action plan
  - Telephone triage

# Asthma Management, cont.

- Overall impact
  - 216 total telephone consults provided
  - 103 calls avoided UCC/ER or acute appointment care
  - Calls alone avoided costs of \$5K
  - Facility Emergency Department visits decreased 50%
  - Facility Emergency Department admissions decreased 75%

# Asthma Management, cont.

- Impact on readiness
  - Uncontrolled/poorly treated asthma effects Soldiers' abilities to perform their duties and their ability to deploy.
  - Properly educated patients who are managed appropriately can be deployed or medically boarded and replaced to conserve fighting strength.
  - Post-deployment data shows many Soldiers with dyspnea and/or asthma.
  - Better asthma control for family members reduces Soldier stress.

# Asthma management, cont.

- Critical success factors
  - Planning
    - The program is based on decreasing the demand for healthcare facility emergency room services.
  - Resources
    - Use of a healthcare provider team
  - Support
    - Getting buy-in from other clinics
    - Always collecting outcomes
    - Continual education for healthcare providers

# Asthma Management, cont.

- Resources
  - “Impacting Asthma in the Military Health System,” *The Reengineering Review*, June 2000, <http://www.tricare.osd.mil/hcr/newsletter/hcr0006.html>
  - Key Clinical Activities for Quality Asthma Care  
<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5206a1.htm>
  - DoD/VHA CPG for the Management of Asthma for Adults and Children Aged 6 Years and Over  
[http://www.qmo.amedd.army.mil/asthma/asgde2/PDF\\_files?AsthmaAdults%209\\_11\\_00.pdf](http://www.qmo.amedd.army.mil/asthma/asgde2/PDF_files?AsthmaAdults%209_11_00.pdf)

# Self-care

- What?
  - Teaches symptom recognition and management to Soldiers.
  - Goals:
    - Conserve training time
    - Decrease demand for provider visits for minor illnesses
    - Empower Soldiers to care for personal health
  - Initially developed for IET/AIT population; has been implemented for Active Duty and activated Reserve Component.

# Self-care, cont.

- How?
  - Self-care class
  - Self-care reference material/manual
  - Triage
  - Self-care pharmacy

# Self-care, cont.

- Overall impact
  - More than 1700 provider visits avoided
  - 591 provider hours saved
  - Cost per Self-care user: \$2.75
  - Net costs avoided: \$124K
- Impact on readiness
  - Decrease in lost training time
  - Increased practice of health behaviors
  - Increased confidence to treat minor illness
  - Increased personal responsibility for health

# Self-care, cont.

- Critical success factors
  - Planning
    - Program implemented for Active Duty in response to MTF demand for services.
  - Resources
    - Use of technology to supplement class instruction
    - Program tied to inprocessing
  - Support
    - Getting data to make the case
    - Communicating program successes

# Self-care, cont.

- Resources
  - Soldier Health Maintenance Manual  
<http://chppm-www.apgea.army.mil/documents/TG/TECHGUID/TG272.PDF>
  - Self-care briefing slides, toolkit, replication study outcomes  
<http://chppm-www.apgea.army.mil/dhpw/Wellness/Selfcare.aspx>

# Nutrition

- **What?**
  - Health promotion marketing campaign to increase calcium consumption
- **How?**
  - Conduct a 'milk mustache' contest in the dining facility.
  - Invite Commanders to judge the contest.
  - Supplement the campaign with table tents and other educational materials.
  - Ensure that high calcium items, such as milk and yogurt, are available for purchase throughout the campaign.

# Nutrition, cont.

- Overall impact
  - Dietary calcium intake increased 6.6%.
  - Average weekly milk sales increased 5.4% after poster display only.
  - Average weekly milk sales increased 11.9% after poster display and 'milk mustache' contest.
- Impact on readiness
  - Increased calcium intake reduces the chance of stress fractures, which makes Soldiers non-deployable.
  - Calcium is essential for overall bone health.

# Nutrition, cont.

- Critical success factors
  - Planning
    - Initiative tied into a National Campaign
    - Strong evidence base used to plan components of the activity
    - EVERYONE affected by the activity was contacted during planning for input
  - Resources
    - Partnering and collaboration emphasized
  - Support
    - Always communicating program successes
    - Always collecting and analyzing outcomes

# Nutrition, cont.

- Resources
  - The National Institutes of Health - Calcium Recommendation  
[http://consensus.nih.gov/cons/097/097\\_statement.htm](http://consensus.nih.gov/cons/097/097_statement.htm)
  - National Institute of Child Health and Human Development - Milk Matters for Your Child's Health  
<http://www.nichd.nih.gov/milk/MilkMattersBooklet1.pdf>

# Using small indicators of change

- Successful wellness programs also use small indicators of change for participant feedback.
  - Tobacco cessation: calculator for \$\$ saved by not using tobacco; CO monitoring (participants see immediate results here)
  - Asthma: telephonic interaction provides immediate feedback on accomplishing action plan goals, as well as feedback to mitigate the stress of flare-ups.
  - Self-care: symptom identification flow charts enable participants to self-treat right away, when appropriate (i.e., - gargling with salt water at the first sign of a sore throat).
  - Nutrition: immediate increase in dairy product sales.

# Measuring small steps

- How?
  - Use short pre- and mid-point surveys
  - Ask participants to rate their health status and/or stress levels.
  - Add up team or individual 'steps.'
  - Be creative!

# Summary & Review

- Army wellness programs face unique challenges.
- Successful Army health promotion programs:
  - Are closely tied to force readiness
  - Gather data and analyze outcomes
  - Communicate successes to Command and to the community
  - Use small indicators of change to provide feedback to participants
- Effective wellness programs must include:
  - Planning
  - Optimal use of resources
  - Cultivation of and maintenance of support